**Topic: Passing and Receiving**

**Objective: To improve the teams’ passing technique and to recognize the correct timing and opportunity to pass**

|  |  |  |  |  |  |  |
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| **Technical Warm up** |  | **Organization** |  | **Coaching Pts.** | |  |
|  | **Gate Passing:** | |  | Technique of passing |  |  |
|  | In a 25x30 yard grid, set up many gates | |  | o locked ankle, toe up | |  |
|  |  |  |  |  |
|  | (two cones about 1 yard apart). Players | |  | o eyes on ball at instant of | |  |
|  |  |  |  |  |
|  | are now in pairs with a soccer ball. They | |  | contact, follow | through |  |
|  |  | to partner |  |  |
|  | must pass the soccer ball through the gate | |  |  |  |
|  |  | o strike ball solid | through |  |
|  | to their teammate in order to score a point | |  |  |
|  |  | the middle, knees bent | |  |
|  | and move to another goal to score another | |  |  |
|  |  | and balanced |  |  |
|  | point. |  |  |  |  |
|  |  |  | o receiving first | touch - |  |
|  | **Coach:** Players count how many points | |  |  |
|  |  | directional |  |  |
|  | they score in a minute. Have them pass | |  |  |  |
|  |  Communication to ask for the | | |  |
|  |  |  |  |
|  | only with their left foot or right foot, or | |  | ball |  |  |
|  | the outside of their foot. | |  |  |  |
|  |  | **Time: *10 minutes*** | |  |
|  |  |  |  |  |
|  |  |  |  |  | |  |
| **Small Sided Game** |  | **Organization** |  | **Coaching Pts.** | |  |
|  |  |  |  Tech of passing and receiving | | |  |
|  | **2v2 to 4 Goals:** | |  Pace of the pass | |  |  |
|  |  First Touch – Directional | | |  |
|  | In a 15x20 yard grid place two sets of | |  |
|  |  Clear Communication | |  |  |
|  | cone goals 2 yards apart on the end line | |  |  |
|  |  | (demand the ball) |  |  |
|  | about 1 | yard away from the corners. |  |  |  |
|  |  |  |  |  |
|  | Players will attack a set of two goals and | |  Supporting Shape | |  |  |
|  |  |  |  |  |
|  | defend the other set. Score by passing the | |  |  |  |  |
|  | ball through one of the two cone goals. | |  |  |  |  |
|  |  |  |  | **Time: *15 minutes*** | |  |
| **Exp. Small Sided Game** |  | **Organization** |  | **Coaching Pts.** | |  |
|  |  |  |  Soft 1st touch receiving into | | |  |
|  |  |  |  | space, away from pressure | |  |
|  | **3v3 to End Zones:** | |  Proper weight, accuracy and | | |  |
|  | In a 25x30 yard grid, make a one yard | |  | timing of passes |  |  |
|  | wide End Zone along each end line. | |  Possession vs. Penetration | | |  |
|  |  |  |  |  |
|  | Players | will score by passing into and |  Proper angle and distance of | | |  |
|  | stopping the soccer ball in the End Zone. | |  | support off the ball |  |  |
|  |  |  |  |  |
|  | Defenders can’t defend in the End Zone. | |  Communication between | | |  |
|  |  |  |  | players |  |  |
|  |  |  |  | **Time: *25 minutes*** | |  |
| **Game** |  | **Organization** |  | **Coaching Pts.** | |  |
|  | 3v3 in your area or 4v4 against team | |  All of the above | |  |  |
| **3v3 or 4v4** | Next to you | |  | **Time: *30 minutes*** | |  |
|  |  |  |
|  |  |  |  |  |
|  |  | | | | |  |
| **COOL DOWN** | Activities to reduce heart rate**,** static stretching & review session **–** **Time:** ***10 min.*** | | | | |  |

